

POND SQUARE DENTAL

DENTAL CARE FOR ANXIOUS CHILDREN

BOOKING THE APPOINTMENT

- The journey begins with a simple phone call or an online booking. We will gather key information such as the child's age, dental concerns, anxieties, special needs or medical conditions.
- You will receive an appointment confirmation with all the relevant details about your upcoming appointment including the price, how long the visit will take, and advice on preparing a nervous child for the visit.



FILLING OUT FORMS

- Before the visit, you will be asked to complete a medical history form. This form collects important information about the child's health, medications, and any existing medical conditions.
- Information on the child's anxiety levels, past experiences, and any special techniques that might help keep the child calm during the check-up can also be added.

ARRIVAL AT THE PRACTICE

- Upon arrival, you will be greeted by our reception team ensuring that both you and the child feel at ease.

PREPARATION FOR THE CHECK-UP

- The dental team may offer the child a brief tour of the clinic to familiarise them with the environment, which can help ease the fear of the unknown.

THE CHECK-UP PROCESS

- The child will meet the paedodontist and the dental nurse, who are trained in managing anxious children. The team will spend time building a rapport, talking to the child at their level and using positive language to create trust.

LOVE YOUR SMILE

020 8348 9995 pondsquaredental.co.uk info@pondsquaredental.co.uk

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TELL-SHOW-DO TECHNIQUE

- **Tell:** The dentist explains what will happen in simple, friendly terms (e.g., “We’re going to count your teeth”).
- **Show:** The dentist demonstrates on a finger or dental model what will be done (e.g., “See, this mirror just tickles”).
- **Do:** The procedure is performed gently, as described, so there are no surprises.



WHAT DOES THE CHECK-UP INVOLVE?

- **Oral Examination:** A careful look at the child’s teeth, gums, tongue, and jaw development.
- **X-rays (if necessary):** If there are concerns about cavities or misaligned teeth, the paedodontist may take X-rays, using child-friendly equipment and explaining that the "camera" is taking special pictures.
- **Discussion with a Parent:** The paedodontist will explain the findings to the parent in clear, jargon-free language and ask questions about the child’s dental habits and diet.

IS THE CHECK-UP PAINFUL?

- No — the check-up itself is not painful. The paedodontist and dental nurse are experienced in making the process as gentle and comfortable as possible.

WHAT IS THE DURATION OF THE CHECK-UP?

- The appointment usually lasts around 30 minutes, giving enough time for a thorough examination and discussion without overwhelming the child.

POST-CHECK-UP FOLLOW-UP

- **Diagnosis and Treatment Plan:** After the check-up, the paedodontist will provide a diagnosis. If any issues are identified (such as tooth decay or the need for orthodontic treatment), the dentist will create a treatment plan and explain the next steps.
- You will receive a written report summarising the findings, treatment plan, and advice for at-home dental care. This letter will also outline the timeline for follow-up appointments if required.

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PREPARATION FOR TREATMENT

- In the case of further treatment, such as fillings or extractions, the paedodontist will provide information on pain management, including local anaesthetic or sedation options, depending on the child's level of anxiety.

CREATING A POSITIVE EXPERIENCE

- **Comforting Environment:** Throughout the entire process, the practice the team will strive to make the environment as welcoming as possible. This includes using soft lighting and soothing music.
- **Distraction and Entertainment:** For particularly nervous children, distraction techniques, such as allowing them to hold a favourite toy or watching a video on our big screen, are often used to keep them calm.
- **Positive Reinforcement:** The paedodontist and dental nurse will praise the child for their cooperation, offering small rewards such as stickers or a toothbrush for their bravery.
- **Ongoing Support:** Our dental practice will remain in communication with you in between the visits, offering advice on maintaining the child's oral hygiene and answering any questions about future treatments.



Paedodontist is a paediatric dentist who works with infants, children, and adolescents, particularly those with special needs, anxiety, phobias and developmental anomalies.

Paedodontist Dr. Khaled ALMUKHTAR

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